

SAN PEDRO MENTAL HEALTH CELEBRATES BLACK HISTORY MONTH

By Gail Sulser, Community Worker

What I find special here at San Pedro Mental Health Wellness Clinic is our sensitivity to diversity and the cultural arts. On February 21, 2014, we held a very special event, "Celebrating Black History Month." Our two guest speakers: *Unmasking a Woman's Journey* author Gloria Lockhart, and program director Neil Holmes with the Los Angeles Clippers (youth camp).

We went on a personal journey with Gloria Lockhart, climbing our own Kilimanjaro! She was one of three women to have ever climbed Kilimanjaro. The story of her experience was amazing as she takes her audience members from the bottom (in preparation) to each summit with her effervescent spirit of never quitting. The message was clear to all; we can, we will, we must! Dream big, believe and write down (keeping a personal journal) as a plan of action to bring life into our personal journeys. With every negative thought that comes, we must replace it with a positive thought. Gloria shared how she was at the last summit before reaching the top of Kilimanjaro and almost gave up until another teammate encouraged her to not give up: "Not now when we are so close to the top." Gloria was able to find her true self with all the determination she could muster. She made it to the top of the mountain in Africa!



Finally, Neil Holmes shared an inspiring personal story of self-determination and perseverance. Right out of high school, Neil was awarded a scholarship and played professional basketball for the Orlando Magic (Florida) until he got a back injury. Although Neil was faced with a life-changing decision, he never gave up his dreams of being a part of professional sports. Today, Neil is the program director for the Clippers Youth Summer Camp (ages 7-15). What a remarkable young man Neil Holmes is! His motto is *what can I give back to the community?* Because of Mr. Neil Holmes donating 10 youth scholarships to San Pedro Mental Health, we were able to donate back to our community.



We want to give a special thank you to Daisy Peralta and Brian Adair for the music at the event.

